

## Useful Information

### Advice and Information

- Citizen Information Phone : 0761 07 6470  
43 Pearse Street, Nenagh
- Money advice & Budgeting (MAB) Phone : 0761 07 2740  
31 Pearse Street, Nenagh

### Health

- Borrisokane Day Care Centre Phone : 067-27957  
Convent Road, Borrisokane
- Shannondoc Phone: 1850 334 999  
(The service operates Mon - Friday 6PM - 8PM)
- Borrisokane Health Centre Phone : 067-27672

### Housing

- Tipperary County Council Housing Dept Phone: 0761 06 5000

### Safety & Security

- Borrisokane Garda Station Phone : 067-27101
- Nenagh Garda Station Phone : 067-50450

### Social Welfare Offices

- Thurles Intreo Centre Phone : 0504-67100  
Race Course Road, Thurles
- Nenagh Branch Office Phone : 067-50902  
Church View, Nenagh

### Community Welfare Offices

- Borrisokane Health Centre Phone : 067-49013/  
Thrusday - 10am -11am 067-49001
- Nenagh Civic Offices Phone : 067-46600  
Wed & Thrus - 10am - 11am
- Nenagh North Tipperary Homeless Phone : 067-46504

Nenagh, Kenyon Street - Tuesday - 10:30am - 11am

Roscrea Health Centre - Wednesday - 10:30am - 11am

Thurles Health Centre - Wednesday - 2pm - 2:30pm

## Libraries

## Times

## Phone:

- Borrisokane,  
Fairgreen  
Tues-9:30am-1pm & 2pm-5pm  
Wed-9:30am-1pm & 2pm-5pm  
Thrus-9:30am-1pm & 2pm-5pm  
067-27199
- Nenagh,  
O'Rahilly Street  
Mon - 9:30am - 5:30pm  
Tues - 9:30am - 8:00pm  
Wed - 9:30am - 5:30pm  
Thrus -9:30am - 5:00pm  
Fri - 9:30am-1pm & 2pm-5:pm  
Sat - 10am - 1pm & 2pm - 5pm  
Phone:  
067-34404

## Support & Information Resources

- HSE Service  
Adult Counselling Services, Experience of abuse  
Child & Adolescent Mental Health Service  
Community Alcohol & Drug Service, Nenagh  
Drugs & Alcohol Helpline  
Phone:  
1800 234 115  
067-46455  
067-46512  
1800 459 459

## Cancer Support

## Phone:

- Suimhneas Cancer Care Nenagh 087-1236096  
067-37403
- Cancer Circle of friends, Tipperary Town 087- 3412600

### Domestic Violence Support Services

#### Phone:

- ASCEND North Tipperary 086- 8283399
- CUAN SAOR Women's Refuge, Clonmel 1800 576 757
- Rape Crisis Centre, Clonmel 1800 340 340

### Local Organisations

#### Phone:

- ACCORD Marriage 0504 - 22279
- Barnardos Family Support Services 1850 222300  
0504 20018
- Simon Community (Homeless) 061 608 980  
0504 20018

### Mental Health Supports

#### Phone:

- GROW - Mental Health 1890 474 474
- Mental Health Ireland 01 284 1166
- C-SAW Suicide Awareness 052 617 2477

### Emergency / Support Numbers

#### Phone:

- Samaritans Helpline 116 123
- Childline 1800 666 666
- 24/7 Suicide Helpline 1800 247 247